

SEASHELL ECHO

JUNE 2026

SECHLT SENIORS ACTIVITY CENTRE NEWS

The Mission of the Sechelt Seniors Activity Centre Society is to support and enhance the lives of our members, by providing mental and physical stimulation and social experiences.

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Getting Involved

BY BIRGIT STEFANI

Welcome to another wonderful season at the Sechelt Seniors Activity Centre.

Whether you are a longtime member who knows every corner of our facility or a newcomer stepping through our doors for the first time, I am absolutely delighted to welcome you to our vibrant community.

Our mission has always been simple yet vital: to provide a safe, welcoming, and energetic space where we can all stay connected, active, and inspired. As we look at the year ahead, I am incredibly proud of the diverse range of programs our team has put together.

From fitness classes that keep us moving to art workshops that spark our creativity, and—of course—the simple joy of sharing lunch, a cup of coffee and a good laugh with friends, there truly is something here for everyone.

Growing older is a privilege, but staying connected is a choice. At our Centre, we choose community, purpose, and joy every single day.

CONTINUED ON PAGE 2



5604 Trail Avenue, Sechelt, BC
PO Box 564, V0N 3A0

Office: 604.885.3513
Manager: 604.885.8910

Office Hours:
Mon–Fri, 9 am–2:45 pm
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www.myssac.com

CENTRE INFORMATION

2026-2027 Board Members

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Vice Chair: Mark Garland
Treasurer: Jeff Weeks
Secretary: Valerie Galat

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Andre Casaubon Jane Whittleton
Mark Patterson

Executive Director: Vicki Raw
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Front Desk Administrator: Heather Doré
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Custodian: Jim Coffin

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SC Community Services	604.885.5881
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Seniors Crisis Line	604.872.1234
Seniors Abuse and Information Line	1.866.437.1940
Community Information and Help Line	211
Healthlink BC	811
Community Resource Centre	604.885.4088
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Many thanks to the following sponsors for contributing to our weekly ad in the Coast Reporter. When out exercising your consumer vote, it is always good to be aware of those businesses that help our community to remain strong and vibrant.



Getting Involved

CONTINUED FROM PAGE 1

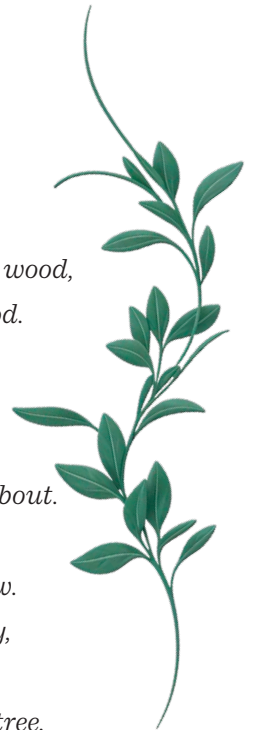
Getting Involved & Making a Difference

This centre doesn't run on brick and mortar alone; it thrives on the heart and soul of its people. I want to extend a massive thank you to our tireless staff and our wonderful volunteers. If you have a few hours to spare and want to give back, please consider joining our volunteer team. Your unique skills and life experiences are what make this place so special.

Thank you for bringing your energy, your smiles, and your stories to our Centre. You are the reason we are here. My door (and my inbox) is always open, and I look forward to catching up with many of you somewhere in the building soon. •

*The circles we draw in our youth are wide,
Chasing the horizon, pulling in the tide.
But time has a way of softening the space,
Bringing us home to a steadier pace.
To age is to watch the deep roots take hold,
To see the fine silver spun into the gold.
It is knowing the strength in a weathered old wood,
And standing together where others once stood.
For no one is meant to weather the gale,
Or tend to the garden, or set out to sail,
In the quiet of isolation or shadow of doubt—
We are held by the hands that we reach out about.
It's the shared cup of coffee, the familiar hello,
The gathering of stories that continue to grow.
The comfort of knowing, as seasons turn grey,
We are keeping the chill of the winter at bay.
A community thrives like an ancient, grand tree,
Where the new leaves depend on what used to be.
We lend each other our warmth and our grace,
And find, in the folding of years, our true place.*

Birgit Stefani



Making the Most of June

“Spring being a tough act to follow, God created June.” –Al Bernstein

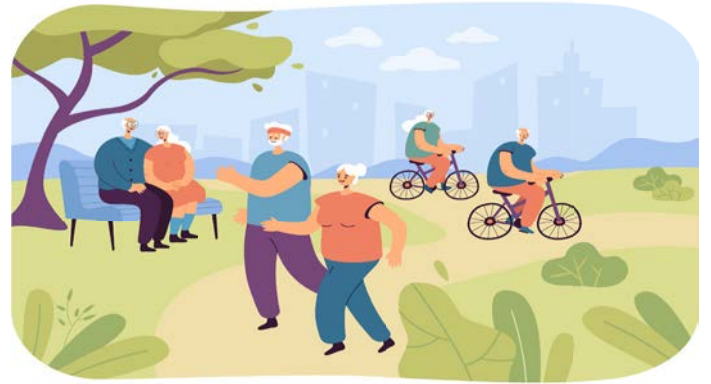
BY VICKI RAW

As we step into June, the days grow longer, the weather warms up, and a renewed sense of energy fills the air. This month brings the official start of summer - Sunday, June 21 - a time for fresh ideas, connection, and making the most of the season ahead. Whether it's enjoying longer evenings, planning a getaway, or simply taking a walk in the sunshine, this is the perfect time to reset and refocus.

June is also a natural turning point. After the steady pace of spring, summer invites us to take a step outside, recharge, and reconnect—with nature, our goals, and with others. And, of course, the Centre is the perfect place to connect with like-minded individuals, friends and activity partners. Perhaps it's also the perfect time to try a new physical or creative activity. There are so many to choose from. Turn to the back page to view the schedule for this month.

To help you make the most of the month, here are a few simple ideas:

- **Set small, meaningful goals:** Summer can be busy—focus on a few priorities that truly matter. Maybe you want to learn a new skill? The Centre is a great place to start!



- **Take advantage of the daylight:** Use those extra hours for outdoor activities, creative projects, or personal time. If you live close enough, why not walk to the Centre and enjoy some fresh air before your activity or lunch?
- **Stay balanced:** Remember to carve out time to relax and recharge alongside your commitments. Check out our library for great summer reads!

June is just the beginning of what promises to be a vibrant and exciting summer. We're looking forward to everything we'll accomplish together in the coming months and are grateful to have you as part of our journey.

Wishing you a bright, refreshing, and inspiring June! •

Kitchen Volunteers

Preppers · Servers · Dishwashers

To volunteer, give your information at the front desk or email info@myssac.com



40th Anniversary Party

BY HEATHER DORÉ

On Friday, May 15th, the SSAC held a fabulous fundraiser to celebrate 40 years in our current location.

I wouldn't have missed it for anything, and I am so glad that we attended, as it was the most fun I can remember having in a very long time!

The entertainment for the evening was provided by Scotty of Coastal Hosts Entertainment - it was a Rock n' Roll Bingo, with an appropriate 1980s music theme. I always loved 80s music since I first heard it back in school, so I was excited to see what Scotty had in store for us all. I thought perhaps he'd play maybe 10 seconds of each song, but he played a full minute of close to 100 songs. Looking around the room, I was pleased to see almost everyone there singing at the top of their lungs, smiling and animated. There was so much joy as we all sang along together to this amazing music, and felt transported back to some very happy times. It truly was a bonding experience that I will not forget. The music alone was worth it for me, but there were also some wonderful prizes won. Thanks, Scotty! We sure hope to have you back again some time soon.

We were very fortunate to have many local businesses donate items for our Silent Auction, which raised funds for the SSAC. There was a good selection to choose from, and most of us went home with something we'd had our eye on. (I know I did!) Thanks so much to all who contributed to this - it is very much appreciated.

Perhaps the biggest highlight of the night was the incredible appetizers that Emily and her crew prepared and brought out for all to enjoy. I couldn't believe that in addition to the great entertainment provided (already worth the ticket price!), we were treated to 8 different appies: chicken wings, potato boats, smoked salmon crostinis, chips with pico de gallo, veggies with





hummus, cauliflower bites, ham and cheese pinwheels, and Asian meatballs. For dessert, there was a lemon blueberry slab. Everything that we had was delicious, and nobody had to make dinner that night, which was yet another bonus. There was plenty of food, and we are so grateful to all the Kitchen Staff and Volunteers for providing us with such delights. Thank you so much to all of you. Bravo!

Events of this magnitude require a lot of work from a lot of people, volunteering their time and talents to help make it a success. We are so fortunate to have

so many kind souls willing to give of themselves, to ensure things run smoothly, and that we have all that we need. Thanks so much to all who helped out with running around and buying prizes for the event, making and putting up beautiful decorations, setting up tables and chairs, (as well as taking them down afterwards) and so much more. Also, a huge shoutout to the lovely ladies at the bar for serving us some sensational cocktails, always with a smile.

Thanks to all who came out to support the SSAC and celebrate our 40th Anniversary with us! •

Volunteer of the Month

Bert Carswell



For more than 10 years Bert has been an important part of our Senior Centre community as a dishwasher and dishwasher trainer in the kitchen. He has consistently trained many new dishwashers to maintain the hygiene standards required of our kitchen operation, while being encouraging and supportive. Bert also covers shifts when needed without complaint.

In addition, he serves on the Food Services Committee and has contributed countless hours of leadership as both a Director at Large and Vice President on the Board.

In his free time he has enjoyed playing pickleball for the past 12 years, bringing the same energy, teamwork and enthusiasm to the court that he brings to everyone at the centre.

Bert, the SSAC Board and membership appreciate all your hard work and thank you for your service. •



SSAC VOLUNTEER LUNCHEON FRIDAY, JULY 3

12:30 pm. Doors open at noon. Limited Seating. If you are a regular SSAC volunteer, sign-up at the front desk **by June 26**, to receive your complimentary ticket.

PERFECT FOR ALL LEVELS — NO PARTNER NEEDED!
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Latin Dance Workshop

WITH
GUSTAVO FERMAN

SATURDAY, JUNE 13, 2026
6:30–8:30pm (Doors open 6:00)
SSAC* Auditorium, 5604 Trail Avenue, Sechelt

SPICE UP YOUR SUMMER WITH LATIN DANCE!

Join Professional Dance Coach and Choreographer Gustavo Ferman in a dynamic, high-energy Latin Dance Workshop with a focus on Salsa and Bachata!

90 MINUTES: Styling, footwork, hip & arm movement
30 MINUTES: Dancing – put your skills into action!

TICKETS \$15 IN ADVANCE AT THE SSAC FRONT DESK OR AT A LITTLE BRIT OF HEAVEN / \$20 AT THE DOOR

DANCE THE NIGHT AWAY WITH
JULIO AVILA CUBAN BAND
JUNE 20 - 7-10PM
DOORS 6:30 PM - SSAC* AUDITORIUM
Sechelt Seniors Activity Centre

THEY'RE BACK!

TICKETS \$30 IN ADVANCE AT THE SSAC FRONT DESK OR AT A LITTLE BRIT OF HEAVEN / \$35 AT THE DOOR

All the Moves!

The May 23rd dance with the Steve Hinton Blues Band was a night to remember!

Steve on vocals and harmonica, Sully Antonyk on bass and vocals, Al Alford on guitar and Tim Rannard on drums all

gave an outstanding performance that had the dance floor filled with a happy crowd grooving to the music. There were quite a few new faces at the dance and they really enjoyed themselves and will be back for more along with all the regular attendees.

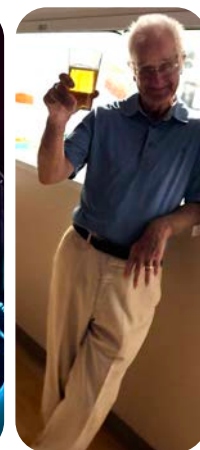
Tickets to the upcoming dance workshop were won by Dieter and Uschi Greiner. Wendy Lowings won tickets to the Julio Avila Cuban Band event. The 50/50 draw was won by Rico Lund who kindly donated \$10 back to the center.

Congratulations to the winners! Also, a multitude of thanks to all the volunteers who help put on the dances! You are all so very much appreciated.

UPCOMING EVENTS

June 13 - Put your dancing shoes on and come on down for a **Latin Dance Workshop with Gustavo Ferman**. Gustavo will be teaching everyone some moves to use at the upcoming dance the following week with the Cuban band. Check out his website at gustavoferman.com. Tickets for this event are on sale now at the SSAC front desk and A Little Brit of Heaven. Save yourself \$5 by getting your tickets early! The cost is \$15 in advance or \$20 at the door. Doors open at 5:30 pm with the class running from 6:00 until 8:00 pm.

June 20 - The **Julio Avila Cuban Band** will be coming to play at the Centre with the doors and the bar opening at 6:30 pm and the show from 7:00 to 10:00 pm. This exciting high energy group of musicians' repertoire includes Son, Salsa, Bachata and Boleros. Checkout their website julioavilacubanband.com. Get your tickets now at the front desk or A Little Brit of Heaven - \$30 in advance or \$35 at the door.



July 18 - Matchbox Bluze features Jhan Dudley on vocals and guitar, John Burton on guitar, Peter van Deursen on keyboards, Bruce Mortimer and Shawn Soucy on drums. Between them these talented musicians have played in numerous bands including Doug and The Slugs, Long John Baldry, Rainbow Bridge, Alibi and Groove Syndicate. This dance will start at 7:00 pm. More details upcoming in the July Echo.

August 22 - The Souled Out Band with Nancy Herb, Ken Kirschner and Marlee Walchuk all on vocals and percussion, Linda Kidder - vocals and bass, Chris Nowland - lead guitar, Brenda Baird - keyboards, Steve Nimchuk - drums, Peter Juric - trumpet and vocals, Bruce Norris - baritone saxophone and harmonica, Peter Homenuk - trombone and Dave Ronald - tenor and baritone saxophone. Check out their website at souledoutyvr.com for more information on this skilled group of musicians. This show will be starting earlier as the band needs to get back to the lower mainland. Doors and bar will open at 4:30 pm with the dance from 5:00 to 8:00 pm.

Keep on dancing! •

- Jay, Ann, and the Dance Committee

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As You Like It

PREVIEW
JULY 2 JULY 3 & 10 JULY 4 & 11
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ART BY SERENA J. TRINDER

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CHIROPRACTIC FREE POSTURE SCAN

Friday, June 19
 11:30 to 1:00 pm

Get free posture scans courtesy of Coast Chiropractic.

FREE HEARING AID CLEANING

Friday, June 12
 12:30 am to 2:00pm

Anchor Hearing provides hearing aid cleaning at the lounge.

FREE LEGAL AID CLINIC

Every Tuesday
 10:00 am to 12:00 pm

Lawyer Robert Hart provides FREE weekly 30-min. legal aid consultations (not criminal or ICBC matters). Book your appointment at the front desk.

GLASSES CLEANING

Friday, June 26

Free eyeglasses cleaning will be provided at the Centre by Vivian from Because I Care.

CAREGIVER/ SENIORS CONNECTOR

Friday, June 5

Meet Courtney from the Resource Centre and learn more about how they support seniors achieve personal health and wellness goals.

How To Stay Connected When It Matters Most

BY LARRY PETERSON

Join us on Tuesday, June 19 (starting at 2:35 pm) for another chance to learn about the simple, low-cost hand-held devices called **MeshCore** that allows you to communicate with others without relying on cell phone networks or the internet!

MeshCore runs over a LoRa radio, which is low-power, it's not ham radio, and does not require a license. Anyone can use these!

MESSAGING WITHOUT INTERNET

You can send messages without mobile data, without Wi-Fi or a central server. Repeaters do the forwarding.

In practice, people use MeshCore for off-grid communication, emergency communication, community-built coverage, local experiments and simple messaging between users and repeaters.

The basic idea is simple: you use a companion, a handheld radio to read and send messages, and fixed repeaters help move those messages farther through the network.

The strength of MeshCore is not only that it works without internet, but also because it stays simple: small devices, low cost and text messages that get through when normal networks fail.

WHAT DO PEOPLE USE MESHCORE FOR

Emergency communication - During internet or mobile outages, you can keep sending local messages.

Local community networks - Volunteers build coverage together in cities, regions or along fixed routes.



Examples of Meshcore companions

Outdoor and field use - Useful when normal coverage is unreliable or when you want to stay independent from commercial infrastructure.

Experiments and technical exploration - Many users enjoy testing the range, repeaters and coverage in the real world as a way to practice staying in touch.

*** Companion = Your device.** *A small, low-power handheld radio you carry, paired to your phone over Bluetooth. This is how you send and receive messages, but not over the cell phone signals.*

*** Repeater = The infrastructure.** *A stationary radio acting as a repeater, which is placed at a critical location or elevation. Solar-powered, unattended, always listening, and always forwarding messages between companions that can't reach each other directly.*



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25TH
ANNIVERSARY



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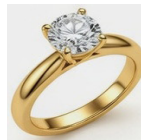
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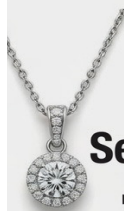
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Member Celebration

What a wonderful anniversary! The Sechelt Seniors Activity Centre celebrated its 40th anniversary of becoming a society on Thursday, May 14th. Music by our own Heather Doré, delicious cake, a fun SSAC trivia game and even a time capsule were part of the festivities.

A video highlighting the Centre's history and current activities, including interviews with staff and members, was debuted. It was created with the expertise of member Brian Coxford and assisted by local students.

Celebrations continued on Friday, May 15th with a fundraiser that included 80s Rock 'n Roll Bingo, a 50/50 draw, and a silent auction. The participants enjoyed themselves immensely.

Please join us for more events throughout the year, including a BBQ, and Dance. •



CORE ON THE FLOOR

Passive Stretch and Strengthen

These exercises can enhance bladder and bowel control, reduce symptoms of overactive bladder, and contribute to overall pelvic health in both men and women. They also work with the diaphragm and deep abdominal muscles to stabilize the core, which may help ease lower back discomfort, improve hip balance and alignment, and in men, provide supportive benefits for prostate health.

Mondays, 10:15 to 11:15
Craft Room, starting June 8

DARTS ANYONE?



Join us for a fun and friendly game of darts—new players and experienced throwers are all welcome!

Wednesdays, 11:00-12:30
Farish Room

CRIBBAGE

Are you interested in a Cribbage group? Let us know at the front desk and hopefully we can arrange a good time.





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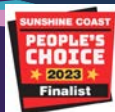
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Supporting Seniors to Stay Independent and Connected Daily

SECOND OF A SERIES, BY JIM VOGEL

COMMUNITY OPTIONS COMPARED AT A GLANCE

The goal is not to “do more,” but to choose one or two activities that fit your energy, mobility, and comfort level, then repeat them. For seniors in Sechelt, a clear comparison makes it easier to build a realistic social plan that supports independence while growing everyday connection.

Option	Benefit	Best For	Consideration
Senior fitness class	Gentle structure, strength, routine	People who feel better with a scheduled time	Transportation and pace may limit participation
Arts and crafts group	Calm conversation, purpose, creativity	Those who prefer quieter, seated social time	Supplies, lighting, and hand fatigue can matter
Drop-in coffee or games	Low commitment, easy friendships	Anyone testing new groups without pressure	Noise and group size can feel overwhelming
Volunteer shift	Meaning, identity, regular contact	Retirees wanting a role beyond the home	Moderate volunteering can mean 1 to 4 hours weekly

If you are unsure where to start, pick the option with the smallest barrier you can repeat for two weeks, then reassess. The best fit is the one you can return to without dread. Choosing what matches your day makes the next step feel doable.

COMMON QUESTIONS ABOUT STAYING INDEPENDENT

Q: What are effective ways to help seniors maintain their independence in daily activities despite limited family support?

A: Start by identifying the one task that creates the most stress, then add a small support that preserves control, like a weekly grocery delivery, a medication reminder, or a check-in call. Keep tools simple and visible: a single calendar, labeled cupboards, and a short daily to-do list. If safety is a worry, ask a community service or trusted neighbor to help set up a fall-prevention walk-through.

Q: How can seniors find and participate in local community activities to reduce feelings of social isolation?

A: Choose one low-pressure place to begin, such as a library event, community centre program, faith group, or a casual drop-in. Call ahead to ask about noise level, seating, and whether a volunteer can greet you at the door. Knowing that one in three seniors report loneliness can reduce shame and make reaching out feel more normal.

Q: What strategies can seniors use to stay physically healthy and active when living alone in Sechelt?

A: Build movement into routines you already do, like standing heel raises at the counter or a short walk right after breakfast. Aim for consistency over intensity, and keep a “bad weather” plan such as hallway laps or chair exercises. If motivation dips, schedule activity right before a social commitment so it feels purposeful.

Q: How can caregivers and community members support seniors in organizing and simplifying their routines to avoid feeling overwhelmed?

A: Reduce choices: one place for keys, one bill-paying day, one medical folder, and one main contact list by the phone. Use a weekly rhythm that repeats, with buffer days for rest or appointments. Caregivers can help by doing a 20-minute reset together, focusing on what removes friction rather than what looks perfect.

Q: What can seniors do if they feel stressed or uncertain when making important decisions about their daily life and care options?

A: First, name the decision in one sentence and write down what must be decided this week versus what can wait. Then use a simple filter: “Is it safe, is it affordable, and does it protect my dignity?” If the stress feels constant, prioritize sleep support and ask for a second opinion, since research on caregiving and

Supporting Seniors . . .

CONTINUED FROM PAGE 14

mental well-being moderated by insomnia highlights how poor sleep can intensify strain.

STRENGTHENING SECHELT SUPPORT NETWORKS THROUGH CONNECTION AND ADVOCACY

Wanting to stay independent while also needing help can feel like a tug-of-war, especially when loneliness or a sudden health change shows up. The steady approach is to lean on key insights on elderly care: plan for safety, protect dignity, and keep relationships at the centre through senior community involvement and advocacy for elderly independence. When these proactive engagement strategies become routine, support networks for seniors grow clearer, stress eases, and daily life feels more manageable and connected. Independence lasts longer when support is welcomed early and often. This week, you can invite one person for a simple check-in, then name one need and ask for help meeting it. These small acts build the resilience that keeps Sechelt seniors healthier, safer, and connected over time. •



Coffee & Conversation



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When: Mondays | 9:30am - 10:30am
Tuesdays | 11:30am - 1:00pm

Where: Seniors Gathering Place
5674 Cowrie Street, Sechelt

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Friday, June 26, 10:30 am

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Artificial Intelligence

An Upbeat Look at its Dangers and Joys

The Sechelt Seniors Activity Centre hosted a lively and informative presentation on May 21st titled “An Upbeat Look at the Dangers and Joys of Artificial Intelligence” presented by former SSAC President, Richard Ward Ph.D. Admission to the event was by donation in support of the SSAC Affordable Lunch Program.

The two-hour session explored both the exciting possibilities and the growing risks associated with Artificial Intelligence (AI), particularly for seniors. Combining humour, practical demonstrations, and real-world examples, the presentation aimed to remove some of the mystery surrounding AI while instructing attendees about how to protect themselves from emerging scams.

Richard began by explaining that Artificial Intelligence is basically complex human-written computer programs running on enormous supercomputer systems capable of processing vast amounts of information at incredible speeds.

A typical laptop has one dual-core central processing unit (CPU) whereas world-class AI supercomputers often have over 1 million CPU cores. They are not one computer, but multiple computers networked together occupying entire buildings. A typical laptop processing speed might be 3.0 GHz, meaning that it can process approximately 3 billion calculation cycles every second. However, an AI Supercomputer can process over 1 quintillion calculations per second (1,000,000,000,000,000,000). In addition to processing speed, the available memory for storage of information (RAM – Random Access Memory) during calculations is important. A typical laptop might have 8 to 32 Gigabytes of RAM. In comparison large-scale supercomputers can have over 9 petabytes (9 million gigabytes) of RAM.

It was explained that OPEN AI is both a term describing a philosophy and the name of a company. Open AI essentially refers to making AI freely accessible by having programs on the World Wide Web running to allow anyone to query the AI supercomputers they serve. The Company AI is a business. One of its products is ChatGPT which can be used in a limited form for free, but by monthly subscription to allow use of its more sophisticated functions.

The presentation then turned to one of the most important topics for seniors: AI-assisted scams. Attendees learned how scammers are now using AI to create highly convincing fake emails, text messages, voice clones, photographs, and videos. Examples included fake “grandchild emergency” phone calls, fraudulent bank messages, romance scams, and realistic “deepfake” videos designed to deceive viewers.

Practical safety advice formed a major part of the afternoon. Participants were encouraged to:

- Never click on unexpected links in emails or text messages
- Call companies or family members back directly using trusted phone numbers
- Use strong passwords and two-factor authentication
- Be cautious about online relationships
- Avoid acting quickly under pressure or panic

One particularly popular section of the presentation demonstrated the creative side of AI, using both Google AI mode and Chatgpt (which can be accessed at Chatgpt.com).

Richard showed how AI can assist with writing, editing, generating artwork, and creating new images from simple instructions. Audience members enjoyed seeing examples of AI-generated graphics and photographs, including Richard inserting a svelte image of himself into an England Football team photograph standing next to the team as if he were their manager. Another colour “photograph” put Richard standing on a lawn next to his 15-month-old self, as depicted in a 1955 photograph. The hilarious first attempt with ChatGPT had Richard with his legs buried thigh deep in the lawn. An example of how AI can make drastic mistakes. Throughout the session, Richard emphasized that while AI can be extremely useful and entertaining, users should always remain cautious. Information generated by AI may sometimes be incorrect or out of date, and personal or sensitive information should never be submitted into public AI systems.

The presentation concluded with an interactive “Play Time with AI” session where attendees were able to ask questions and explore some of AI’s capabilities firsthand. A lovely purple birthday card was created, based on the participant asking for wine, a kayak, unicorn and a bicycle to be inserted in it.

The afternoon provided members with a balanced, practical, and accessible introduction to one of the fastest-changing technologies in the world today and was aimed at helping seniors become both more informed and better protected in the digital age. •



Richard 2026



Richard 1954



Instruction to ChatGPT:

Please create a colour photo of this man standing on a lawn next to the toddler.

Results:

LEFT – OOPS!

His legs are buried in the lawn

BELOW – After AI is informed of it’s error.



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Creative Crafts



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- June 1** Nicol - Wood Box Painting
- June 8** Lesley - Macrame Snail Magnets
- June 15** Nicol - Spiral Art
- June 22** Ruth - Cards
- June 29** Nina - Wire Bird Nests



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- Pender Harbour Health Centre
- Sunshine Coast Resource Centre
- Vancouver Coastal Health



Dan Levitt



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HELP US IDENTIFY THE GAPS

Tues, June 9
2 - 4pm

Harmony Hall, 686
Harmony Lane, Gibsons

Wed, June 10
2 - 4pm

Sechelt Seniors Activity
Centre, 5604 Trail Ave

Registration required. Join in-person or online.



Ways to register:

- Scan QR code
- Email: seniors@resourcecentre.ca
- Call 604.885.4088
- In-person at Seniors Centres

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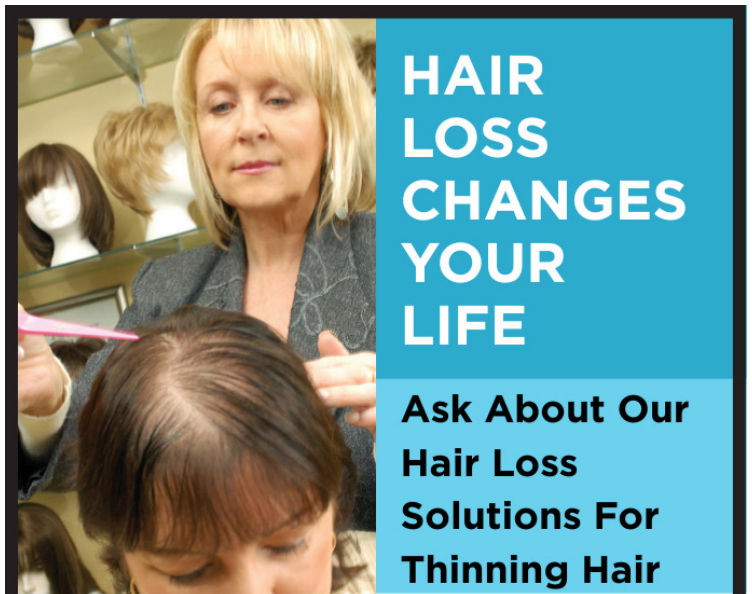
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In Memoriam



Jacqueline 'Jackie' Jones

October 20, 1944 - March 18, 2026

With heavy hearts, the family of Jacqueline "Jackie" Jones announces her peaceful passing at the age of 81, with her son by her side, following heart-related complications in Rancho Mirage, California.



Born October 20, 1944, in Bannu, India, to Edwin and Theresa Jones, Jackie's life began during a remarkable wartime chapter that shaped her strength and resilience.

Jackie is lovingly remembered by her son, Russell Jones; her grandchildren, Rhys, Rhian, Tianna, Vincent, Colton, Courtnie, Jessey, Isabella, and Cooper; and her great-grandchildren, Emilie, Ceth, Jaylene, Jayce, Noa, and Kinsley. She is also survived by her sisters, Cherrie and Hillary; her brothers, Larry and Allen; and many dear friends. She was predeceased by her husband, Merfyn Jones, and her sister, Corrine.

Jackie met her beloved husband, Merv, in 1960, and they married in 1965 in Shrewsbury, England. Together they raised their four children and, in 1968, made their home in British Columbia, where they built a life filled with love and family.

In later years, Jackie found joy living on the Sunshine Coast and spending winters in Palm Springs, where she formed many lasting friendships.

She will be remembered for her warmth, quiet strength, and deep love for her family.

A celebration of life will be held at a later date. •

John Rees

December 5, 1937 - April 30, 2026

John was born in Cardiff, Wales, the youngest of three children. He and his first wife, Barbara, migrated to Canada in their early twenties. John became a very proficient electrician and businessman, overseeing major projects throughout B.C.



He met his second wife, Marlene, in 1989, and they moved to Madeira Park, where they built their home in the community they loved and got married in 1991.

John worked as a volunteer, President of the Chamber of Commerce, in the Power Squadron, and for 6 years, representing Area "A" at the Regional District. In 2002, he received Queen Elizabeth's Golden Medal of Honour, given to recognize his service. John and Marlene moved to Sechelt in 2011 in order to be closer to services, but his heart was still in Pender Harbour and Egmont.

He passed away at home with his wife and stepdaughter by his side.

We would like to thank and shine a light on the care provided by our Community Care Nurses, Care Aides, and Hospice. We couldn't have managed without all of you!

He leaves behind his wife, Marlene, three children, and their spouses, grandchildren, great-grandchildren, as well as two stepchildren.

No services by request. Please donate if you choose to the charity of your choice. •



If you know of anyone who has passed, please let us know.



Garnett Munroe

We celebrate the life of Garnett Munroe, who passed on April 10th, 2026.

Garnett spent his career with BC Hydro, traveling throughout the province commissioning substations.

He was an adventurous spirit, sailing the coast and Gulf Islands for 20 years

with the Gibsons Yacht Club and later maintaining and driving his classic Porsche. He loved to travel, especially to Europe on bike trips, train rides, and riverboat cruises. He loved fishing, hunting, and time outdoors.



He was a man who turned his dreams into action, including building an oceanfront house for his family to enjoy. He spent many hours watching the tides and sea life from his window, warmed by fulfillment and accomplishment. His drive and work ethic rubbed off on everyone around him, and he was fortunate enough to see his family's accomplishments and his part in them.

Garnett celebrated his birthday every year with family and friends on the ski hill. He was happiest when sharing good food and drinks with family and those close to him.

He is remembered by his loving and dedicated wife Katie, sons Michael and Ross (Cassandra), Martin (Susan), and Shawn; grandchildren Gabrielle, Duncan, Jordyn, Kaylee; Aiden, Alena; by sister-in-law Carol Munroe, nephew Warren, nieces Nicole and Donna-Rae (Andy), great nephews Dominic, Cameron, Braden, and greatniece Harper; by brothers-in-law Gary, (Linda), Ric (Kathryn), Roy (Marnie), sister-in-law Judith, and nieces and nephews. He was preceded in death by niece Dannella Munroe, brother Dan, and brother-in-law Kelly.

Our family would like to thank all the health care professionals who cared for Garnett over the past several years.

Arrangements will be made at a later date. •

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JUNE LUNCH MENU

Lunch Service is available weekdays from 11:30 am to 1:00 pm. Everything is made from scratch! We also serve soup, sandwiches and salads. Desserts vary.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Wings	2 Cabbage Rolls	3 Roast Beef	4 Banger & Mash	5 Fish & Chips
8 Pulled Pork Sandwich	9 Baked Chicken	10 Roast Ham	11 Quiche & Salad	12 Fish & Chips
15 Butter Chicken	16 Lasagna/ Veg. Lasagna	17 Chicken Cordon Bleu	18 Baked Salmon	19 Fish & Chips
22 Meatloaf w/ Mac & Cheese	23 Peanut Chicken Noodle Bowl (& vegan)	24 Roast Pork	25 Hot Reuben Sandwich	26 Fish & Chips
29 Shepherd's Pie	30 Turkey Cannelloni	Members are welcome to bring guests to dine for a surcharge. Only items on the menu are available. Frozen entrées are available on weekdays when the office is open from 9am to 2:45pm and are priced \$6 or \$8.		

JUNE 2026 | SSAC PICKLEBALL SCHEDULE

Beginners and New-To-Us players wanting to join - contact ssacpickleball@gmail.com

MON	TUE	WED	THU	FRI	SAT	SUN
7:30-9:15 3.0-3.5+		7:30-9:15 3.0-3.5+	7:30-9:15 Social Play	7:30-9:15 3.0-3.5+		9:30-11:30 2.0-3.0
3:00-4:30 3.25-3.5				1:00-2:30 3.25-3.5		11:30-1:30 3.25
		3:00-4:30 w/ Coach 1.0-2.5 (no June 10)	3:00-4:30 2.5-3.00	2:30-4:00 w/ Coach 2.5-3.0		1:30-3:30 3.5-3.5+
4:30-6:00 2.0-3.0	4:30-6:00 3.25-3.5+	4:30-6:00 2.5-3.25 (no June 10)	4:30-6:00 3.0-3.25	4:00-5:30 1.0-3.25		3:30-5:30 2.5-3.25
6:00-8:00 3.5+	6:00-8:00 2.5-3.5+	6:00-8:00 3.25-3.5+	6:00-8:00 3.5-3.5+	5:30-7:30 Social Play		5:30-7:30 3.0-3.5+

Schedule is subject to change. For more information, please contact ssacpickleball@gmail.com.

JUNE 2026

SSAC ACTIVITY SCHEDULE

ACTIVITY	TIME	ROOM	CHAIR	COST
MONDAY				
Hatha Flow Yoga	10:00–11:15 AM	Auditorium	John McDougall-Goulet	\$6
Core on the Floor - Starting Jun 8	10:15–11:15 AM	Craft Room	Lisa Alexander	\$6
Chair Yoga for Strength & Mobility	11:45–12:45 AM/PM	Auditorium	Tenaya Kivlichan	\$6
Duplicate Bridge	12:30–3:30 PM	Craft Room	Karyn Burney/Andy Hopkinson	\$4
Social Bridge	1:00–3:30 PM	Farish Room	Fran Engst	\$4
Carpet Bowling	1:00–3:00 PM	Auditorium	Katie Caple	\$4
Creative Class	2:00–4:00 PM	Lunch Room	Nicol/Nina/Ruth	\$4
TUESDAY				
Yoga	8:00–9:00 AM	Auditorium	Marina Mowbry	\$6
Fitness with Jacqui or Lisa	9:15–10:15 AM	Auditorium	Jacqui Allan/Lisa Alexander	\$6
Memory Café	10:30–12:30 AM	Craft Room	Maryanne Brabander	\$6
Line Dancing - Experienced	10:30–11:30 AM	Auditorium	Jay & Ann	\$4
Line Dancing - Beginners	12:00–1:00 PM	Auditorium	Louise Parker	\$4
Craft Group	1:00–3:00 PM	Craft Room	Carol Maynard	\$4
Strength for Seniors	1:30–2:30 PM	Auditorium	Lisa Alexander	\$6
Table Tennis - Int-Adv	3:00–5:00 PM	Auditorium	Amber Cottle	\$4
WEDNESDAY				
Emergency HAM Radio	9:15–9:45 AM	Farish Room	Larry Peterson	
Hatha Flow Yoga	10:00–11:15 AM	Auditorium	John or Marina	\$6
Darts	11:00–12:30 AM/PM	Farish Room	Gill Smith	\$4
Line Dancing - Beginner/Improver, no June 10	11:30–12:30 AM/PM	Auditorium	Jay & Ann	\$4
Table Tennis - no June 10	1:00–3:00 PM	Auditorium	Marilyn Heinrich	\$4
American Mahjong	1:30–3:30 PM	Craft Room	Nicol Mentis	\$4
THURSDAY				
Tai Chi	10:00–11:30 AM	Auditorium	David Carson	\$6
Ukulele Jam & Sing-along	11:15–12:45 PM	Craft Room	Mary Pinniger	\$4
Chair Yoga for Strength & Mobility	11:45–12:45 PM	Auditorium	Tenaya Kivlichan	\$6
Mahjong	1:00–3:00 PM	Farish Room	Katie Caple	\$4
Painting Pals	1:00–3:00 PM	Craft Room	Peggy Halliday	\$4
Carpet Bowling	1:00–3:00 PM	Auditorium	Margaret Parker/Norm Ross	\$4
Strength for Seniors	1:30–2:30 PM	Auditorium	Lisa Alexander	\$6
Line Dancing - Experienced	3:15–4:15 PM	Craft Room	Collene Sand	\$4
FRIDAY				
Tai Chi - Beginners	10:00–11:30 AM	Craft Room	Cam Ellison	\$6
Hatha Yoga - June 12, 26	10:00–11:10 AM	Auditorium	John	\$6
Yin Yoga - June 5, 19	10:00–11:10 AM	Auditorium	Andre	\$6
Badminton	11:30–1:00 AM/PM	Auditorium	Val Galat	\$4
Poker	12:00–3:00 PM	Farish Room	Paul Groves	\$4
Games Galore	1:30–3:00 PM	Lunch Room	Gill Smith	\$4
SUNDAY				
Quilting - June 14	9:00–4:00 AM/PM	Lunch Room		\$4/\$8

Non-members may attend an activity one time without a SSAC membership (still pay the activity fee). Memberships may be purchased from the office over the phone or in person weekdays between 9am and 2:45pm. You can fill your "Wallet" at the front desk or by phone 604-885-3513 or by e-transfer to etransfer@myssac.com - Include your membership # and the word WALLET in the note section. Pickleball schedule is on page 23.